

SOLO EXERCISE

R L R R L R R L R L | / | / | R L R L R L R L R L

R R L R R L R L R L | / | / | R L R L R L R L R L

TANDEM EXERCISE

R L R L R L R L R L | R R R R R L R L R L R L | R R R R R L R L R L

R R R R R L R L R L R L | / | / | R R R R R L R L R L R

There are certain places in both the Solo and Tandem exercises that can be replaced by more complex rhythms. Replace the 'original' measures below with the 3's and 4's variations and play the exercises again.

Rhythmic figures from the Solo Exercise

2's (original)

R L R R L R R L R L

3's

R L R L R L R R L R L R L

4's

R L R L R R L R L R R L R L R L R L

Rhythmic figures from the Tandem Exercise

R R R R R L R L R L R L R L

6's

R R R R R L R R L R R L R R L R

4's

R R R R R L R L R L R L R L R L R L